

**WHAT IS CLAIMED IS:**

1. A method for promoting cardiovascular health in a mammal in need of such treatment comprising administering to said mammal an efficacious amount of tagatose to raise the HDL level in the mammal.
2. The method of claim 1 wherein the mammal is a human.
3. The method of claim 1 wherein from 50 to 1,500 mg/kg body weight/day is administered to said mammal.
4. The method of claim 1 wherein the prescribed dose is taken every day.
5. The method of claim 1 wherein the prescribed dose is taken every other day.
6. The method of claim 1 wherein said tagatose is used in combination with a medication known to be useful in promoting cardiovascular health.
7. The method of claim 1 wherein the tagatose is D-tagatose, L-tagatose, or a mixture of the two isomers.